

Kindergarten Helps for Parents

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WORK AND PLAY TOGETHER

By MRS. PRESTON F. GASS.

Very little children of two and three years require the companionship of other children in work and play as much as those of recognized kindergarten age. The child of two is intensely interested in the activities of children four, five and six years old, and is able to imitate, enlarge his knowledge and experience, and even share in their activities. The activities of the adults about him, while they can be imitated and in some measure shared by him, cannot have the same value in his mental or physical development.

When daddy saws a large board with a large saw, the two-year-old is interested; but when the four-year-old saws a small board with a small saw, possibly making some toy that will be used by the little one, he is more than interested—he saws wood as soon as he can. Watch an adult try to amuse this two-year-old with a new box of blocks. Invariably the blocks are piled high for steps, towers, arches and so forth, and the little child finds great delight in sending the blocks tumbling with a crash to the floor. He takes so particular pleasure in the building of one block upon another, and we think he has not yet reached the age for building. Now the group of older children making structures with these same blocks do not pile them one upon another, but lay them side by side, to form the walls of a house for the doll or a barn for the woolly dog. And immediately the little one is interested, not in tumbling the blocks down, however, but in laying them beside each other, one after another.

In Any Home. Many mothers realize this need of their children to have group activity, but know of no way in which to bring the group together until they are ready for the regular kindergarten. It can be accomplished in almost any home, however, if the mother is willing to devote a few hours a day to working and playing with the children in the immediate neighborhood under school age, or those at home for the long summer vacation.

Whenever the weather will permit, activities are best carried on out of doors and very little equipment is necessary; a sand pile, if possible, an unused kitchen table, or wide board laid

on any available foundation, with boxes for seats or the little chairs which each child may bring from home. The materials already on hand for use by the children in the home, such as balls, bean bags, blocks, Mother Goose and other story books, will serve the whole group. The other mothers of the neighborhood are sure to be willing to contribute, for the use of all, materials which their own children possess, and each child can bring some of his pencils, crayons, and so forth.

Fortunately, when we built our six-room bungalow, we provided a nursery for our little ones, a large practical room with fireplace and built-in shelves, so that our group found space for all indoor activities there. Any room not needed for other purposes at the time of the school session might be used equally well.

As a center for outdoor work and play, we had a sandpile under the trees. This had been left by the bulldozers, and to close it in the children dug trenches on four sides, into which we inserted planks.

Baby Center of Attraction.

For pets we had goldfish, a mother bunny with little ones, and our own tiny baby of three months. The baby served as a center for many of our doings; many times our songs were sung to him, our houses of blocks made for him, our table constructed for him. The children watched him grow through the months and he was the real mainspring of our group life.

Since the group was made up of children of varying ages, each younger child depended on an older for leadership, assistance and consideration. The five-and-six-year-olds learned to lend a hand to the four-year-olds and to be patient and kind with the littler ones.

Having a neighborhood nursery school has a tremendous advantage for the busy mother who has difficulty in finding time for uninterrupted work and play with her own child. Children will play contentedly together for long hours, especially if they are provided with a few materials to work with. And as the hours of the nursery school are known in the vicinity, the children confine their visits more and more to this time. The whole routine of household work is accomplished more quickly and in better spirits when at the same time the mind is occupied with the learning of stories, finger plays, songs, games, and so forth, and on the planning of work for the children.

The nursery neighborhood school not only affords the busy mother in the ordinary home a means of giving the right kind of training to her own child, but it provides the opportunity for knowing, in an intimate and unusually happy relationship, the children who are to be his playmates for a number of years.

CHILD'S EVERYDAY EDUCATION

By KATHERINE BEEBE.
(Author of "Kindergarten Activities.")

In one of her interesting and illuminating articles published by the Outlook Elizabeth Childs quotes at length from a book by Gayley called "Idols of Education," in which the trials of the college with uneducated high school students, of the high school with uneducated grammar pupils, and of the grammar school with uneducated children from the homes are convincingly set forth; the conclusion being that many a child arrives in the kindergarten "a badly damaged article."

Kindergartners know this to be true. When the new group comes in in September its members can at once be roughly classified into two divisions, the trained and the untrained. The former are the teacher's delight, the latter her problem. The former can be led onward and upward by means of a normal and joyous activity without friction or loss of time. The latter must be worked over, wept over, experimented with, disciplined and led as far along the road as their unfortunate variety of handicaps will permit.

The Mother's Viewpoint.

Now what has happened at home to two such little creatures equally endowed at birth? What is the reason for this unhappy difference? The answer is in the fact that the mother of the one child from the first intimation of its existence has consciously or subconsciously reasoned with herself in some such way as this: "This little new life will come to me possessed of a growing body, and expanding mind, a developing soul. During the first years his growth will be so rapid and so vigorous that what he learns will set the tendencies for his whole future. He will get in proportion more education in the first five years than in the twenty which follow, and this education will be an everyday education. During all his waking hours he will be learning, observing, absorbing. Everything he sees, everything he hears, everything he does will count. If I want him to be strong, alert, wise and good I must begin at the beginning and 'carry on'; I must learn from the best authorities how to care for his precious body; I must take counsel with experts in child training for the sake of his opening mind; I must talk to him, walk with him, play with him, read to him; I must provide for him place in which to play as well as to eat and sleep; I must see that he has playmates; I must teach him to play alone, to entertain himself; he must learn to love to work, first by helping me and later by having set tasks; I must know where he is and what he is doing all the time and we two must be loving, sympathetic, intimate friends."

she say to herself consciously or subconsciously? Let us be honest and face the facts, for judging by her results it is something like this: "It is lovely to have this darling baby and I am just going to enjoy him in my own way; I don't believe these people who make such a fuss about training children get on better than those of us who don't bother about all this modern highbrow stuff. A mother knows best what to do for her own child. Of course I will take good care of his body for I want him to be well, but for the first few years I am going to let him be a happy little animal. I don't like to play with children anyway, and reading to them is a bore. Besides, I am too busy. He can just play around as other children do and when the time comes, go to the kindergarten and to school and be taught there. While he is at home and my baby I am going to do just as I want with him. Being my child, he will of course come out all right in the end."

Danger in Neglect.

Now sometimes he does, but in spite of home influences rather than because of them. Thanks to his teachers, his companions and the sharp lessons of experience he often manages to grow up a fairly decent man. But, oh, what he has missed! And alas for the powers of mind and soul which never unfolded, for the spiritual development unpossessed which might have been his!

On the other hand, often he doesn't, and in view of this fact how does any mother dare to take chances? For from the ranks of the so-called, and well-called, spoiled children come the fretful, fractious, screaming, unhappy babies; the shy, self-conscious and uncontrolled kindergarten children; the irresponsible scatter-brains of the public school whose school life is one long series of adjustments between parents and teachers; those high school students who arrive in college with no powers of work or concentration; the girl who is "boy crazy;" the boy who goes wrong. From this class are recruited those children who, as every teacher knows, have perverted ideas of the facts of life and bad physical habits, those youths and maidens whose lives are blighted on the threshold; those cases of adolescents which furnish newspaper articles sometimes with large headlines. In the light of the facts that these things are all about us how does any mother dare to neglect that all-important thing, her child's everyday education?

Combination.

"Didn't the Kaiser send you his photograph and the Iron Cross?"
"Yes. They went together nicely."

Temperance Notes

(Conducted by the National Woman's Christian Temperance Union.)

BEER AND BILE.

Prof. W. A. Osborne, a distinguished chemist, explains, in a very illuminating way, that the liver is especially susceptible to alcohol poisoning, because the alcohol, before it is eliminated from the body, repeatedly assaults that organ. "Every one knows," said Doctor Osborne, "that the liver forms bile, and that bile is poured into the bowel. Now, when alcohol is taken it passes into the stomach, and from there to the bowel, or small intestine, and is absorbed there. Everything that is absorbed from the stomach or the bowel has to go to the liver, and nothing is allowed to enter the general circulation until it has been properly sifted and treated in the biggest organ we possess—the liver. It has been found, in the case of alcohol, that when alcohol has been absorbed in the bowel it reaches the liver, and the liver really does not know what to do with it. There is practically no provision in nature for the utilization of alcohol (a very significant fact, I may here parenthetically remark).

"When alcohol reaches the liver the liver manages to destroy some, but a great portion of it is turned out in the bile, and once more reaches the bowel, and then the liver, and this cycle of operations goes on for hours and possibly days, until the alcohol is gotten rid of. All this time it is constantly irritating and injuring the liver, and this explains the fact which medical science has known for a long time, namely, that the liver is one of the organs of the body which is singularly susceptible to alcoholic degeneracy, and this is the reason why."

WHISPERING PROPAGANDA.

In a booklet entitled "The German Whisper," issued by the committee on public information of the federal government, through its associate chairman, Harry O'Higgins, we find this statement:

"As a matter of fact, no liquor ration is served our troops either here or abroad. No army canteen sells alcoholic liquors. By General Pershing's orders, our soldiers in France are forbidden 'either to buy or to accept as gifts from the inhabitants, any alcoholic beverages other than light wine or beer.' As there is little beer sold in France, General Pershing reports, 'Men who drink are thus limited to the light native wine used by all French people. Even this is discouraged among our troops in every way possible. I hope to secure the co-operation of the French government to prevent the sale of all liquors and wines to our troops. Personally, I favor prohibition in the army, but it is impracticable and inadvisable to issue orders that cannot be enforced without the co-operation of the French government.' "The charge of drunkenness among our expeditionary forces," asserts Mr. O'Higgins, "is a pro-German lie designed to alarm the mothers and fathers of the boys who have gone to France. The stories of immorality consequent upon drunkenness are equally baseless."

RESULTS OF BONE-DRY LAW.

That bone-dry prohibition is eminently satisfactory to the police department of Sioux Falls, Minn., is set forth in the annual report of the chief of police, W. H. Martin, to the city commissions. He declares that the police protection afforded Sioux Falls amounts to one-third of one patrolman to every thousand of population or the lowest of any important city in the United States.

To show how prohibition has worked out so far as the police are concerned, Chief Martin submits the following table of arrests in connection with liquor during the year:

| | 1917-18 | 1916-17 |
|-----------|---------|---------|
| July | 15 | 158 |
| August | 8 | 215 |
| September | 6 | 172 |
| October | 2 | 156 |
| November | 11 | 163 |
| December | 7 | 119 |
| January | 8 | 59 |
| February | 2 | 70 |
| March | 3 | 42 |
| April | 16 | 89 |
| May | 9 | 117 |
| June | 31 | 120 |
| Total | 118 | 1,477 |

RUM RATION BAD.

In regard to the rum ration a surgeon of the British royal army medical corps said: "I served at Gallipoli. I was wounded on the western front. It is my earnest opinion that the rum ration is utterly bad. I believe that there are thousands of glorious British lads who would be alive today, recovering from wounds and from disease, restored to their loved ones and their country, had it not been for the rum ration."

HANDICAPPED UNTIL NEXT JULY.

McAdoo says "Money will win." Hoover says "Food will win." Garfield says "Coal will win." Schwab says "Labor will win." Daniels says "Warships will win." Woodrow Wilson says "The farmers will win." Hurley says "The transports will win." The aviators say "Airplanes will win." The liquor traffic is an assault on every one of these.—Clarence True Wilson at senate committee hearing.

Brewery horses will show up well hauling guns.—Wall Street Journal.

OLD PRESCRIPTION FOR WEAK KIDNEYS

Have you ever stopped to reason why it is that so many products that are extensively advertised, all at once drop out of sight and are soon forgotten? The reason is plain—the article did not fulfill the promises of the manufacturer. This applies more particularly to a medicine. A medicinal preparation that has real curative value almost sells itself, as like an endless chain system the remedy is recommended by those who have been benefited, to those who are in need of it.

A prominent druggist says, "Take for example Dr. Kilmer's Swamp-Root, a preparation I have sold for many years and never hesitate to recommend, for in almost every case it shows excellent results, as many of my customers testify. No other kidney remedy that I know of has so large a sale."

According to sworn statements and verified testimony of thousands who have used the preparation, the success of Dr. Kilmer's Swamp-Root is due to the fact that so many people claim, it fulfills almost every wish in overcoming kidney, liver and bladder ailments, corrects urinary troubles and neutralizes the uric acid which causes rheumatism.

You may receive a sample bottle of Swamp-Root by Parcel Post. Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose ten cents; also mention this paper. Large and medium size bottles for sale at all drug stores.—Adv.

Bought a Larger One.

Mary Ellen's father was a garden enthusiast last summer. His onions could not be used until they were larger than his neighbors'; his cabbages had to become mammoth heads before they could be harvested. In every way his slogan was, "Let things grow until they reach their limit."

The other day Mary Ellen's aunt took her to town to buy a toy piano. She looked at several, and auntie had almost decided to buy one of medium size, when she noticed that her small niece wished to tell her something. Obligingly she leaned over to have this warning whispered into her ear: "Don't you think we'd better let that one stay here and grow a while?" Then auntie bought the larger one.

How's This?

We offer \$100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. Sold by druggists for over forty years. Price 75c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

Dawn of a Great Peace.

When the last draft age limits were fixed an Emporia colored man who has been in jail several times for failure to support his family went to work in order to claim dependency. Monday morning, when he heard the peace news, he quit his job.—Emporia Gazette.

Important to Mothers.

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher*. In Use for Over 30 Years. Children Cry for Fletcher's Castoria.

She Didn't Know.

Dora—Oh, I'm in such distressed mind, and I want your advice. I am loved by three men, and I don't know which to accept.

Clara—Which one has the most money?

Dora—If I knew that, do you suppose I'd waste precious time running around for advice?—Minneapolis Journal.

Wright's Indian Vegetable Pills are simply a good, old-fashioned medicine for regulating the stomach, liver and bowels. Get a box and try them. Adv.

Taking Her at Her Word. Girl (savage)—I insisted that he send me only flowers for my birthday—and the wretch has done so.

There are more than 25,000,000 cats in the United States.



Stock Raising in Western Canada

is as profitable as Grain Growing

In Western Canada Grain Growing is a profit maker. Raising Cattle, Sheep and Hogs brings certain success. It's easy to prosper where you can raise 20 to 45 bu. of wheat to the acre and buy on easy terms.

Land at \$15 to \$30 Per Acre
—Good Grazing Land at Much Less.

Railway and Land Co.'s are offering unusual inducements to homeseekers to settle in Western Canada and enjoy her prosperity. Loans made for the purchase of stock or other farming requirements can be had at low interest. The Governments of the Dominion and Provinces of Manitoba, Saskatchewan and Alberta extend every encouragement to the farmer and ranchman.

You can obtain excellent land at low prices on easy terms, and get high prices for your grain, cattle, sheep and hogs—low taxes (none on improvements), good markets and shipping facilities, free schools, churches, splendid climate and sure crops.

For illustrated literature, maps, description of lands for sale in Manitoba, Saskatchewan and Alberta, reduced railroad rates, etc., apply to Superintendent of Immigration, Ottawa, Canada, or

W. S. Nethery, Room 82, Interurban Station Bldg., Columbus, O.
Canadian Government Agent

Little Things Count in Thrift.
The reason so many Americans have not been thrifty was because they failed to appreciate the power of little things. It is yielding to the little impulses to spend small amounts foolishly that keeps many a family hard up from one year's end to another.

It was the thorough appreciation of the value of little things that made many a man wealthy and powerful.

In these war days learn to prize highly the little things. To understand their value is to know one of the chief secrets of success and happiness.—Thrift Magazine.

Dr. Pierce's Pleasant Pellets put an end to sick and nervous headaches, constipation, indigestion and indigestion. "Clean house." Adv.

Times Had Changed.

Jane Addams, at a Hull house tea, was commenting on the 1918 fashions. Illustrating the trend of the times she told of a poor man, who had hardly been able to clothe his wife and family until one day he managed to invent a new kind of depth bomb.

The government paid him liberally for the invention and he went to his wife with tears in his eyes.

"At last, my dear," he cried, "You will be able to buy yourself some decent clothes."

"I'll do nothing of the kind," she retorted. "I'll get the same kind the rest of the women are wearing!"

Visitors.

Knicker—Why are your wife's folks coming to visit you?

Boeker—They think I want to have their personal counsel.

No man is a hopeless fool who can keep his ignorance concealed.

Of Latin Derivation.
Corps is a French word derived from the Latin corpus, a body, either civil or military, as a police corps, marine corps, etc. It does not signify any particular number, but an organized body. In the United States army a corps consists of two or more divisions, each containing three brigades and each brigade three regiments. The term first came into use in this country during the Civil war period.

A single application of Roman Eye Balm on going to bed will prove its merit for inflammation of the eyes, external and internal. Adv.

Valuable Space.

"So you think people are too fat as a rule?"

"I do," replied the conductor. "If everybody was thinner there'd be room for more people to stand up in the car."

Garfield Tea was your Grandmother's Remedy for every stomach and intestinal ailment. This good, old-fashioned herb home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.—Adv.

Real Optimist.

The Optimistic Guy (who has upset his fishing boat four blocks from the shore of a seaside resort)—Oh, well, my physician has often told me I ought to gargle my throat with salt water.

Not Always Married.

"Is he always broke?"
"Not always; he is divorced at times."—Chicago Times.

W. N. U., CINCINNATI, NO. 1-1919.

SAFE, GENTLE REMEDY CLEANSSES YOUR KIDNEYS

For centuries GOLD MEDAL Haarlem Oil has been a standard household remedy for kidney, liver, bladder and stomach trouble, and all diseases connected with the urinary organs. The kidneys and bladder are the most important organs of the body. They are the filters, the purifiers of your blood. If the poisons which enter your system through the blood and stomach are not entirely thrown out by the kidneys and bladder, you are doomed.

Weakness, sleeplessness, nervousness, despondency, backache, stomach trouble, headache, pain in loins and lower abdomen, gall stones, gravel, difficulty when urinating, cloudy and bloody urine, rheumatism, sciatica and lumbago, all warn you to look after your kidneys and bladder. All these indicate some weakness of the kidneys or other organs or that the enemy microbes which are always present in your system have attacked your weak spots. GOLD MEDAL Haarlem Oil Capsules are what you need.

They are not a "patent medicine," nor a "new discovery." For 200 years they

have been a standard household remedy. They are the pure, original imported Haarlem Oil your great-grandmother used, and are perfectly harmless. The healing, soothing oil soaks into the cells and lining of the kidneys and through the bladder, driving out the poisonous germs. New life, fresh strength and health will come as you continue the treatment. When completely restored to your usual vigor, continue taking a capsule or two each day; they will keep you in condition and prevent a return of the disease.

Do not delay a minute. Delays are especially dangerous in kidney and bladder trouble. All druggists sell GOLD MEDAL Haarlem Oil Capsules. They will refund the money if not as represented. GOLD MEDAL Haarlem Oil Capsules are imported direct from the laboratories in Holland. They are prepared in correct quantity and convenient form, are easy to take and are positively guaranteed to give prompt relief. In three sizes, sealed packages. Ask for the original imported GOLD MEDAL. Accept no substitutes.—Adv.

ATTENTION! Sick Women

To do your duty during these trying times your health should be your first consideration. These two women tell how they found health.

Hellam, Pa.—"I took Lydia E. Pinkham's Vegetable Compound for female troubles and a displacement. I felt all run down and was very weak. I had been treated by a physician without results, so decided to give Lydia E. Pinkham's Vegetable Compound a trial, and felt better right away. I am keeping house since last April and doing all my housework, where before I was unable to do any work. Lydia E. Pinkham's Vegetable Compound is certainly the best medicine a woman can take when in this condition. I give you permission to publish this letter."—Mrs. E. R. CRUMMING, R. No. 1, Hellam, Pa.

Lowell, Mich.—"I suffered from cramps and dragging down pains, was irregular and had female weakness and displacement. I began to take Lydia E. Pinkham's Vegetable Compound which gave me relief at once and restored my health. I should like to recommend Lydia E. Pinkham's remedies to all suffering women who are troubled in a similar way."—Mrs. ELISE HEIM, R. No. 6, Box 83, Lowell, Mich.

Why Not Try

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

